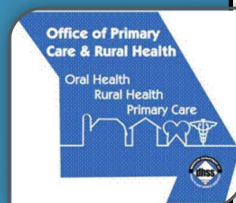


Rural Spotlight

1st Quarter



February is

National Children's Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month (NCDHM) to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country.

NCDHM messages reach thousands of people in communities across the country and at numerous armed services bases. Local observances often include displays of posters provided by the ADA, coloring and essay contests, health fairs, free dental screenings, museum exhibits, classroom

presentations by dentists and other members of the dental team, and dental office tours

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.



This month-long national health observance brings together thousands of dedicated dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

For more information on oral health visit the [Missouri Department of Health and Senior Services](#) or the [American Dental Association](#):



Quarterly Highlight

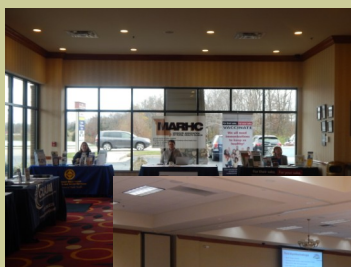
2015 Missouri Rural Health Champion

CONGRATULATIONS to Gwynn Caruthers, Registered Nurse, CHPN (Certified Hospice and Palliative Nurse) with Freeman Health System in Neosho, MO, for being voted Missouri's Rural Health Champion for 2015!

Ms. Caruthers has been a nurse for more than 30 years, and has worked in hospice and palliative care for the past 16 years. Palliative care, or end-of-life care, focuses on compassionate, specialized care that respects the patient's values and personal decisions.

To read her full nomination please [click here](#).

Our Annual Rural Health Conference took place on



November 18, 2015 at the Hilton Garden Inn in Columbia, Missouri. We had record attendance and it was a great learning experience for all.



To view the presentations visit our [website](#).

If you, your staff, a rural health facility or hospital in your Community, have received an award or recognition for a job well done; we would love to highlight their accomplishments in our Rural Spotlight Newsletter.

Please contact:

Lisa Branson

Missouri State Office of Rural Health at:

lisa.branson@health.mo.gov or

(573) 526-2825

Upcoming Observances

January

[Cervical Health Awareness](#)

[Month](#)

[National Birth Defects](#)

[Prevention Month](#)

[National Glaucoma Awareness](#)

[Month](#)

[National Radon Action Month](#)

[National Stalking Awareness](#)

[Month](#)

[Thyroid Awareness Month](#)

4 - 10 [National Folic Acid](#)

[Awareness Week](#)

26 - Feb 01 [National Drug](#)

[Facts Week](#)

February

[AMD/Low Vision Awareness](#)

[Month](#)

[American Heart Month](#)

[International Prenatal Infection](#)

[Prevention Month](#)

[National Children's Dental](#)

[Health Month](#)

[Teen Dating Violence](#)

[Awareness Month](#)

4 [World Cancer Day](#)

6 [Give Kids A Smile® Day](#)

6 [National Wear Red Day](#)

7 - 14 [Congenital Heart Defect](#)

[Awareness Week](#)

14 [National Donor Day](#)

22 - 28 [National Eating](#)

[Disorder Screening Program](#)

March

[National Colorectal Cancer](#)

[Awareness Month](#)

[National Endometriosis](#)

[Awareness Month](#)

[National Kidney Month](#)

[National Nutrition Month](#)

[Save Your Vision Month](#)

2 - 8 [National Sleep Awareness](#)

[Week®](#)

8 - 14 [Patient Safety Awareness](#)

[Week](#)

15 - 21 [National Poison](#)

[Prevention Week](#)